



Lifeguard Training Team  
Citywide Aquatics  
860 Terry Avenue North  
Seattle, WA 98109

# Lifeguard Training Team 2006

June 26—August 17



**\*\*FREE PROGRAM FOR TEENS\*\***



## Who can be in the LTT?

The Lifeguard Training Team focuses on youth ages 15—17. It is a **FREE** summer-long program designed to train participants to be lifeguards and build other job skills.

The Lifeguard Training Team is a tremendous opportunity for you to learn and grow, and to build lasting friendships and acquire skills you'll use all your life.

You do not have to be an Olympic athlete or world class swimmer to join. We just ask that you try your hardest, participate every day, and be part of the team. The instructors provide a safe, well supervised and encouraging environment. The safety of the participants is our #1 priority.

All participants will have the opportunity to take the written and practical skills test to acquire certification as a lifeguard. Testing will be conducted in the last two weeks of the program.

The Lifeguard Training Team is a program that Seattle Parks & Recreation created to help promote diversity among our staff. It is the Department's policy to have a diverse work force representative of our community. Diversity is intended to provide not only equal employment opportunities to minorities, women, and persons with disabilities, but also to people with ethnic, cultural, or other differences.

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860 Terry Avenue N  
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Phone: 206-684-4078  
Email: [parksaquatics@seattle.gov](mailto:parksaquatics@seattle.gov)  
Web: [www.cityofseattle.gov/parks](http://www.cityofseattle.gov/parks)



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## What is the Lifeguard Training Team?

The Lifeguard Training Team is a **FREE** Program designed to train and certify Seattle's Youth in Lifesaving Skills. This program is offered by Seattle Parks & Recreation each summer at Mount Baker Beach Park. The training included American Red Cross certification in Lifeguarding, First Aid, and CPR, as well as beach specific rescue techniques, a chance to build self esteem, job skills, and long lasting friendships.



Training, books, uniforms, and basic materials are all provided by Seattle Parks & Recreation at no charge to the participant. Participants will work individually, as well as, with small groups and the rest of the team to achieve their goals, building skills and knowledge throughout the summer.

Attendance is critical for the team to keep on track. Learning in this program is comprehensive with daily skill building challenges and training. Participants must be able to attend all scheduled training dates.



## Schedule & Location:

Monday through Thursday:

Regular training and class sessions are conducted at Mount Baker Beach Park and Medgar Evers Swimming Pool, Class runs from 1—5 pm RAIN or SHINE!

- **Mount Baker Beach:** 2301 Lk. Washington Blvd.  
Just south of the I-90 Bridge  
Bus # 14, & 27
- **Medgar Evers Swimming Pool:** 500 23rd Ave.  
Next to Garfield High School  
Bus # 3, 4, 48

Fridays: Field trips will be scheduled for some Fridays. The group will meet at Mt. Baker Beach Park at 1:00 returning by 5:00 pm, unless scheduled otherwise.

## 2006 Program Dates:

June 26 through August 17



## Participant Swimming Skills Pre-Test

A swimming skills test will be conducted prior to the first class. This is a prerequisite for The Red Cross Lifeguard Training Class. This is also your chance to meet the instructors and ask any questions that you may have about the program.

Please bring a swimsuit and towel, and be prepared to swim. All applicants must participate in the swimming skills pre-test



## Lifeguard Training Team Application Form

Applicants must be between 15 and 17

Please complete the application information listed below. In addition to completing and turning in this form, please (on a separate sheet of paper write a short bio of yourself, including the following:

1. What is your background in swimming?
2. Where do you go to school?
3. Why do you want to join the LTT?
4. What do you hope to get out of this program?
5. How did you hear about it?
6. Do you have any vacation plans, or other planned trips for this summer?

Please detach this form and send it to the Aquatics office at the address listed at the bottom of the page ASAP.

Thank you for applying to the Lifeguard Training Team.

Name / Age / School Grade

Address

Phone and e-mail address

E.E.O Info (optional)

- ☐ African American  
☐ Asian/Pacific Islander  
☐ Hispanic  
☐ Native American  
☐ Caucasian  
☐ Other:



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